

# Haole Koa

LEUCAENA LEUCOCEPHALA

The International Union for the Conservation of Nature (IUCN) lists this plant in the top 100 most invasive species on the planet. This wild food source should only be eaten after it has been boiled, roasted or fermented. Harvest plants that are free of mold and not heavily damaged by insects like weevils.

## Harvest

Bend plants, or cut them, to reach green or brown seed pods. Pole loppers, hand saws and clippers can be helpful. Remove seed pods and take care not to spread them further. Wood is good for firewood or to make charcoal. Create compost piles with green waste.

## Disposal

Put clean haole koa seeds into a sealed jar or zipped bag to store in refrigerator or freezer. Clean area by sweeping up any discarded seedpods or damaged seeds and throw into your trash bin or compost pile.

## Attention To Detail

Transport haole koa seed pods in buckets with lids, or bags you can seal, to prevent further spread of this invasive species.

Check pant cuffs, shirt pockets, and soles of shoes before leaving area so that no seeds are spread unknowingly.

## Processing

Process seeds on a tarp, or other area that's easy to sweep up. Brown pods easily pull apart; cut end of green pods open with a scissors.

# Java Plum

SYZYGIIUM CUMINI

Incredibly nutritious dark purple fruits are astringent when eaten raw, but delicious processed into foods. Its pits, leaves, and bark can all be used as potent herbal medicine. This is a sacred tree in India.

## Harvest

Pick dark purple fruits. Trees can become quite large, and can be easier to access when found growing on slopes. Use pole loppers and ladder to get high growing fruit.

## Attention To Detail

Put fruit into a basket with lid, allowing air flow so they don't spoil quickly, and the lid so that if it tips over the fruit don't fall out and spread.

## Processing

Fruits need to be eaten or processed quickly to prevent spoiling. Remove seeds (pits) from fresh fruit by hand. Pits can also be removed by boiling fruits in a small amount of water for a short period of time, and then placing into a bag to strain out the juice.

## Disposal

Put pits into compost pile. You can also put the pits into a jar with vinegar to use for cooking, or dry and grind them into a powder for herbal medicine.

# Kahili Ginger

HEDYCHUM GARDNERIANUM

The International Union for the Conservation of Nature (IUCN) lists this plant in the top 100 most invasive species on the planet. Known for its calming and anti-anxiety properties, the flowers and rhizome can be used in small amounts for both food and medicine.

## Harvest

Look for a place on the edge of the plant colony, where you can most easily dig the roots (known as rhizomes). If you disturb a lot of the soil, be sure to pack it back down once you remove the rhizome or plant a native tree there.

## Attention To Detail

Cut entire flowerhead spike off. It's tempting to want to just pull off the flowers, but taking this extra step prevents seed formation and dispersal.

Be sure to place rhizomes into a bucket with a lid, or sealed bag, while transporting.

## Disposal

Kahili ginger continues to grow from even the tiniest piece of rhizome. Be careful with this one and do not put into your compost pile, but rather place all plant material into a bag that goes to the dump.

Pick off healthy flowers to use in the kitchen and for self-care; best refrigerated or used immediately. Wash rhizomes well to remove dirt.

# Spiny Amaranth

AMARANTHUS SPINOSUS

This plant produces between 100,000 - 200,000 seeds per individual. It is considered a superweed, having become resistant to pesticide use, and can teach us much about adapting to and thriving in a world full of toxic chemicals.

## Harvest

Look for plants growing in areas that haven't been sprayed with pesticides. Pluck off leaves, being careful of the two spines at base of leaf. Both young and old leaves can be eaten, as long as they look healthy. Greens are best cooked, but can be eaten raw.

## Attention To Detail

After you've harvested leaves, put gloves on. Pull at the base of the plant to uproot it and put directly into bucket with lid or large trash bag.

Check pant cuffs, shirt pockets, and scrub soles of shoes before leaving area so that no seeds are spread unknowingly.

## Disposal

Throw plants into compost pile. If your idea of composting is to stand outside your house and throw the food as far as you can, don't do it! Place whole plant into trash bags that go to the dump.

# Strawberry Guava

PSIDIUM CATTLEIANUM

The International Union for the Conservation of Nature (IUCN) lists this plant in the top 100 most invasive species on the planet. In addition to its delicious fruits and medicinal leaves, its wood is great for making charcoal or using to smoke meats like invasive wild boar.

## Harvest

There are 3 different types of strawberry guava. Red, yellow, and a tear-dropped shape yellow. All fruits are delicious and highly nutritious.

## Attention To Detail

Put fruit into a basket with lid, allowing air flow so they don't spoil quickly, and the lid so that if it tips over the fruit don't fall out and spread.

## Processing

Fruits need to be eaten or processed quickly to prevent spoiling. Eat fruits fresh, but seeds are hard so if you don't swallow them be sure not to throw or spit them on the ground. Seeds can be removed by boiling fruits in a small amount of water for a short period of time, and then placing into a bag to strain out the juice.

## Disposal

Throw seeds into compost. If your idea of composting is to throw foods outside as far as you can from your house, don't do it! In that case, throw seeds into a trash bag.